

Gold Inside

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Julie Hawkins (UK) - February 2024

Musik: You Got Gold - Nathan Carter



Notes: Start on Vocal, 16 count intro, No Tags or Restarts

SEC 1: TOE HEEL STOMP, TOE HEEL STOMP, TOE HEEL STOMP, TOE HEEL STOMP,

- 1&2 Touch right toe to left instep with knee in, Tap right heel slightly forward, Stomp right forward
3&4 Touch left toe to right instep with knee in, Tap left heel slightly forward, Stomp left forward
5&6 Touch right toe to left instep with knee in, Tap right heel slightly forward, Stomp right forward
7&8 Touch left toe to right instep with knee in, Tap left heel slightly forward, Stomp left forward

SEC 2: MAMBO FORWARD, SHUFFLE BACK, MAMBO BACK, SHUFFLE FORWARD

- 1&2 Rock forward on right, Recover on left, Step slightly back on right
3&4 Step back on left, step right next to left, step back on left
5&6 Rock back on right, recover on left, step forward on right
7&8 Step forward on left, Step right next to left, Step forward on left

SEC 3: SCISSOR STEP, SCISSOR STEP, SIDE, BEHIND, SIDE ¼ TURN, 1/4 PIVOT, CROSS

- 1&2 Step right to right side. Step left beside right. Cross right over left.
3&4 Step left to left side. Step right beside left. Cross left over right.
5&6 Step right to right side, step left behind right, step ¼ turn right
7&8 Step forward on Left, Pivot ¼ right, cross left over right

Sec 4: SCISSOR STEP, SCISSOR STEP, JAZZ BOX

- 1&2 Step right to right side. Step left beside right. Cross right over left.
3&4 Step left to left side. Step right beside left. Cross left over right.
5-8 Cross Right over Left. Step back on Left. Step Right to Right side. Step forward on Left